said lens body spaced from said first region and in a direction generally opposite to that of said first portion of said one position fixation element, a second portion extending from said last-mentioned first portion and intended to extend through an opening in the iris from the posterior chamber side of the iris to the anterior chamber side of the iris, and a third portion connected to said second por-

8. An intraocular lens in accordance with claim 7 in which at least one of said position fixation elements is of resilient material.

9. An intraocular lens in accordance with claim 7 in which said first position fixation element has a curved end portion for seating in the sulcus of the capsule.

10. An intraocular lens in accordance with claim 7 in which said first position fixation element is shaped to 20 provide two points of support for the lens in the sulcus of the posterior chamber of the capsule.

11. An intraocular lens in accordance with claim 7 in which said first portion of said other of said pair of position fixation elements has a length of substantially 25 three millimeters.

12. An intraocular lens in accordance with claim 7 or claim 8 in which said second portion of said other of said pair of fixation elements extends at substantially a right angle from said first portion thereof and said third portion thereof extends at substantially a right angle from said second portion thereof and has a curved end portion for seating in the anterior chamber angle of the eye.

13. An intraocular lens in accordance with claim 12 in intended for seating in the anterior chamber angle 10 which the distance between a plane substantially containing said curved end portion of said other of said pair of position fixation elements and a plane perpendicular to said optical axis and containing the most anterior surface of said lens body is substantially one millimeter.

> 14. The method of inserting the optical zone of an intraocular lens into the posterior chamber of an eye comprising:

inserting a first position fixation element extending generally laterally outwardly from the lens body through the pupil into the sulcus of the posterior chamber capsule; and

inserting a second position fixation element extending outwardly from the lens body through an opening in the iris from the posterior side of the iris into the anterior chamber angle of the eye.

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